BIRDS LEFT GRASPING FOR MILE-HIGH AIR

PEYTON MANNING AND DENVER ROUT THE EAGLES, 52-20. PAGE 24

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Moving forward. Days after a washed-up foot was identified as belonging to missing Philly woman Franchesca Alvarado, her family tried to move on at the annual parade. **Proud.** Puerto Ricans celebrate their heritage. PAGE 02

A SOLEMN CELEBRATION

Extra police presence was on hand at yesterday's Puerto Rican Day Parade in Center City. / RIKARD LARMA, METRO

Opinion: Pa. pot laws are a disgrace

PAGE 06

Government shutdown gets closer

PAGE 08

What's the 'Buzz' about, VH1?

PAGE 14

Where is the top party college?

PAGE 19

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NEWS

Top 3

What's trending on Metro.us

1 'VIDEO: SNL returns with Tina Fey, "Breaking Bad" references'

2 'VIDEO: Firefighter saves, revives kitten'

3 'NSFW: Richard Barnes, ex-Deputy Mayor of London, posts naked photos on Facebook'

Local tweet

"It's like The Nightmare Before Christmas in Target. Halloween stuff RIGHT NEXT to Christmas stuff."

Whoa, @RegeenaLane, one holiday at a time.

Parade-goers embrace heritage and future

Celebración. The Puerto Rican Day Parade down the Benjamin Franklin Parkway celebrated Puerto Rican and Latino heritage.

The Puerto Rican Day Parade celebrates Puerto Rican and Latino heritage. / RIKARD LARMA, METRO

In the middle of the sequin skirts, one-star flags and waves of women forming a misshapen line down the Benjamin Franklin Parkway, a family pumped signs and chanted "Cheka."

The family of Franchesca "Cheka" Alvarado, the 22-year-old Hunting Park native who never returned home from a trip to Atlantic City with an older male companion last year, brought a message to the annual Puerto Rican Day Parade that celebrates Puerto Rican and Latino heritage: Stop the violence.

"This city needs to hear it," said Mia Casteing, Alvarado's older sister.

In the aftermath of last year's parade, veteran Lt. Jonathan Josey punched a woman in the face during a scuffle at a post-parade party. The incident, caught on video, outraged the Latino community. After a brief suspension, the officer was eventually reinstated in August.

Also in August, a shoe with the skeletal remains of Alvarado's foot was found washed ashore a New Jersey beach. Now the family is forced to come to terms with the fact that Alvarado is likely dead, and their cause has shifted from finding Alvarado to avenging her — and to start an anti-violence crusade.

Casteing, who wore a shirt with her sister's face on the front encircled by the words "Puerto Rican Princess," noted that the Latino community and the city as a whole needs to also reflect on the future — how to make better choices and how to bridge the gap between neighbors.

She peered down the parkway and gazed at the bouncy dancers and bright-colored cars.

"We need to move forward," she said. "But let's celebrate first."

Quoted

"We need to move forward. But let's celebrate first."

Casteing

TOMMY ROWAN
tommy.rowan@metro.us

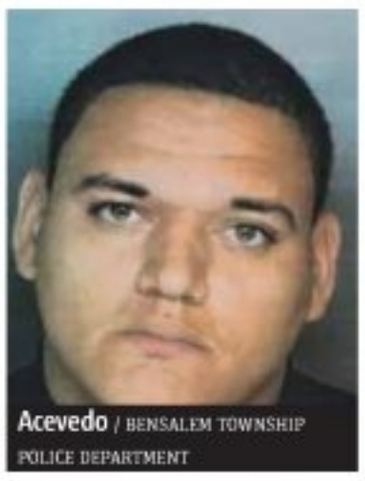
Firefighter trainee charged with arson

In a twisted turn of events, a firefighter-in-training was arrested Thursday for allegedly colluding with a friend to set ablaze an apartment building in Bensalem, according to police.

Firefighter trainee Alberto Acevedo, 19, was charged with arson, reckless endangerment and related offenses for allegedly conspiring with Robert Schaeffer, also 19, to set fire to the laundry room of the Bucks Meadows Apartments located at 3131 Knight Rd. on Aug. 20.

Police said the blaze resulted in a full evacuation of the building and required multiple Bensalem fire companies to extinguish.

Acevedo, of the 3100 block of Knight Road, was formerly a member of the Third District Fire Company in Bristol Township and was at the time of his arrest a probationary member of the Eddington Fire Company in Bensalem, according to investigators.



Acevedo / BENSALEM TOWNSHIP POLICE DEPARTMENT

Schaeffer, who was arrested Sept. 20, is also suspected of starting a fire Sept. 19 in a rear storage room of the vacant Delta gas station located at 2030 Street Rd.

Schaeffer, who police said has no fixed address, was charged with burglary, arson and reckless endangerment.

Both Schaeffer and Acevedo were committed to the Bucks County prison in lieu of 10 percent of $75,000 cash bail. ALEX WIGGLESWORTH

Knifepoint

Woman robbed in Queen Village

Police are investigating the knifepoint robbery of a 32-year-old woman in Queen Village Saturday night.

Investigators said two Hispanic men armed with a knife approached the woman shortly before 9:15 p.m. on the 1000 block of South Third Street near Carpenter Street.

They allegedly stole from the woman a handbag containing an iPhone and iPad, then fled on foot.

Authorities said the woman's wrist was cut during the attack but that she was treated by medics on the scene. No arrests have been made yet. METRO

Harassment

Cops: Man wouldn't stop calling 911

Delaware State Police arrested Chad Tylecki, 33, on Thursday because he allegedly wouldn't stop calling 911 and threatening to harm a Lewes police officer in connection with a past incident.

Troopers visited Tylecki's home after he placed three such calls within 10 minutes but after they left, Tylecki allegedly continued to make the calls to 911 and to Lewes Police Department.

Chad Tylecki, 33
DELAWARE STATE POLICE

Officers again went to the home, where they said they found Tylecki on the roof armed with a fully-loaded 9mm handgun. Authorities said Tylecki threw the gun to the ground. Troopers were then able to take Tylecki into custody following a brief struggle. METRO

PASS AND STOW
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Police sergeant charged with homicide, DUI

Served. Sgt. Thomas Winkis was charged with involuntary manslaughter and will likely lose his job.

Philadelphia Police Sgt. Thomas Winkis was charged Friday with involuntary manslaughter and homicide related to his involvement in a fatal crash on Sept. 14 in Northeast Philadelphia, officials said, and will likely be dismissed from the force.

Officials with the District Attorney's Office announced via Twitter on Friday that Winkis was charged with homicide by vehicle while driving under the influence, homicide by vehicle, driving under the influence and involuntary manslaughter.

Police Commissioner Charles Ramsey said in a news release that following an internal affairs investigation, he decided to suspend Winkis for 30 days. After the 30 days, Ramsey said, the department intends to fire him.

Winkis, 45, a 21-year veteran of the force, rammed his Dodge Charger into 55-year-old David Farries' Ford Econoline van 30 minutes before midnight at the intersection of State Road and Ashburner Street in Holmesburg.

Farries, a father of four, was ejected from his vehicle and was transported to Aria Hospital in Torresdale. He died three days later.

Seven days before the crash, Winkis' ex-wife, Michelle, 42, also a cop, died unexpectedly from a brain aneurysm.

Additional info

According to some media outlets, Winkis:

- Was driving over 100 miles per hour when the accident occurred.
- Had a blood alcohol content level of 0.17 — more than twice the legal limit.
- Had been drinking several beers and shots with another person at a bar.

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Misfire

Coatesville cop shoots her own leg

A female Coatesville police officer shot herself in the leg Saturday after struggling with a driver who hit another vehicle and ran, officials said.

Michael Vega, 24, of Coatseville, hit another vehicle and when the driver attempted to exchange information, Vega sped off, nearly clipping the other driver.

The officer gave chase and stopped Vega at S. Third Avenue and Kersey Street, but Vega resisted arrest and a struggle with the officer ensued.

During the scuffle, the officer drew her gun and shot herself in the leg. Her injuries are not life-threatening.

Vega was charged with aggravated assault, resisting arrest and DUI, among others. METRO

A flautist in Old City

Retired music teacher Felix Wilkins, 65, plays flute yesterday on Market Street near the National Museum of American Jewish History. "I like to play Israeli music," he said. / RIKARD LARMA, METRO

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Crime wave

Six shot in weekend violence

Police are investigating multiple shootings that took place Saturday morning and wounded at least six people.

Police said the violence touched off shortly before 1:15 a.m., when someone shot out the window of an apartment on the 5700 block of North Third Street in Olney, hitting a man, 19, in the foot.

A 22-year-old man was shot in the back about 30 minutes later on the 6600 block of Upland Street in Mount Moriah while fleeing two gunmen. Police said the men approached the victim, asked him if his name was "O," then pulled out a silver handgun. The victim was hospitalized in critical but stable condition.

A 27-year-old man was then shot in the thigh about 40 minutes later during a robbery on the 7100 block of Lindbergh Boulevard in Eastwick. The assailants allegedly stole an iPhone, wallet and $70 in cash.

Just five minutes afterward, police responded to a report of a shooting on the 4100 block of North Broad Street in Nicetown. There, they found a woman, 18, had been shot once in the upper back.

A 49-year-old man was shot once in each leg and once in the buttocks on the 400 block of East Clearfield Street in Kensington just before 7 a.m. Saturday. He was hospitalized in serious but stable condition. METRO

Another incident

A 19-year-old man suffered a gunshot wound to his foot.

- He claimed he was shot, police said, adding that investigation revealed the injury was self-inflicted.

Independent Insight

MATTHEW TURNER

METRO COLUMNIST

WEED LAWS MAKE US LOOK BAD

Politicians will take center stage at an open-mic forum in Harrisburg today, and the topic is marijuana reform.

It's about time our political leaders started to press forward on this issue. Pennsylvania lags behind many states on medical use and decriminalization of the plant. It has become an utter embarrassment to the people of Pennsylvania that sick patients are left to suffer.

Even the Justice Department is catching up with the rest of the country, saying they won't interfere with states that attempt to decriminalize or legalize the drug. Any state willing to seek marijuana reform has been given a green light to do so. But Pennsylvania still has its foot on the brake.

Quoted

By 2017, Hangar wants the regulation and legalization of the plant to be implemented. This is where he loses me; it's too soon.

I spoke with John Hanger, a gubernatorial candidate who will attend the event, about how he would plan to implement and regulate marijuana if elected.

He believes medical use of marijuana is "a no-brainer" and should be signed in to law immediately. "I've met with people who are desperate because marijuana is their last medical option. Where we are at now is cruel and an attack on liberty."

By 2015 Hanger wants possession of marijuana to be reduced to that of a minor traffic ticket, no jail time.

"These laws are ruining people's lives, impairing their opportunities to get jobs and be productive members of society," he said. "It costs $350 million to enforce the marijuana laws."

His reasoning is sound. It's clear that marijuana prohibition has hurt individuals and torn apart families. We could prioritize that money elsewhere in the budget.

By 2017, Hangar wants the regulation and legalization of the plant to be implemented. This is where he loses me; it's too soon. The political capital just isn't there for legalization in four years.

Hanger hopes his marijuana reform position will push him over the edge in a crowded Democrat primary, but he still lacks name recognition compared to those ahead of him in the polls.

He took a jab at his opponents.

"I am the only candidate for reform. There are so many people who wait for the parade to form," Hanger said. "No Democrat can afford to be on the wrong side of the marijuana issue. There are Democrat politicians right now talking out of both sides of their mouth."

There has been no one more disappointing on the issue than Congresswoman Allyson Schwartz, the Democrat favorite for governor. She has not spoken much about the issue. In fact, this seems to be her modus operandi for controversial issues: Avoid them like the plague. Schwartz's reps did not return a call for comment.

Turner is a columnist for Metro Philadelphia. His opinions are his own. You can reach him at matthewmturner@hotmail.com.

Fire department demotions battle rages on in court

Ruling. A judge sided with City Hall in the latest ruling over the demotions of 14 firefighters, but the union said the battle isn't over.

A Philadelphia Court of Common Pleas judge on Friday sided with City Hall in an ongoing battle over the demotion of 14 firefighters who were just promoted in May.

Judge Leon Tucker upheld the city's argument that Fire Commissioner Lloyd Ayers has the authority to make promotions to the ranks of captain and lieutenant at his discretion and does not have to fill vacancies from a list of those who passed the civil service exam.

That means, barring any further court action, the 14 firefighters who were four months ago promoted — five of them to the rank of captain and nine to the rank of lieutenant — will be demoted this week.

"We are immediately moving forward with an appeal to Commonwealth Court to vacate their decision," International Association of Firefighters and Paramedics Union Local 22 President Joe Schulle said Friday in a statement. "These 14 members earned their promotions. There was never any 'temporary' tag applied to their promotions, no matter what rhetoric the city administration spins to the contrary. We will continue to fight this latest injustice in the court of law."

The ruling came after months of legal wrangling prompted by the city's decision in early May to not fill firefighter vacancies based on the then-current civil service list, prompting a lawsuit from Local 22.

During the appeal process, the fire department administered a new round of civil service tests and the 14 firefighters who had already been promoted were excluded from consideration, according to the union, meaning the demoted firefighters will have to wait a year to reapply for the jobs.

ALEX WIGGLESWORTH
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Heated history

Tucker initially ruled May 14 the city must fill vacancies with firefighters from the then-current list of those who passed the civil service test, which expired May 24.

- The city appealed the decision, and Commonwealth Court Judge Dan Pellegrini Sept. 18 ordered Tucker's ruling be reversed, finding discretion laid with the fire commissioner.
- Judge Ellen Ceisler on Tuesday issued a temporary stop to the demotions pending Tucker's review.
- After arguments from both sides, Tucker reversed his own decision Friday.

Watching the takeoffs and landings

Onlookers pause to watch a helicopter take off from the Penn's Landing Heliport.

CHARLES MOSTOLLER, METRO

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Capitol building eerily quiet as shutdown nears

Fault. On yesterday morning's TV talk shows, the parties tried to pin blame on the other side.

With just a day to go before tonight's midnight deadline to avoid a federal government shutdown, the U.S. Capitol building was eerily quiet yesterday, with meeting rooms locked and no lawmakers to be found inside.

Senate Democrats decided yesterday not to take up a measure approved in the early hours of the morning by the Republican-controlled House of Representatives that ties funding governmental agencies with a one-year delay of President Barack Obama's landmark healthcare law.

After a day of bitter debate and finger-pointing, Republicans in the House also voted to repeal a medical device tax that would generate about $30 billion over 10 years to help fund the healthcare program. The measure attracted some Democratic support.

And in a sign that lawmakers might be resigned to a shutdown, the House unanimously approved a bill to keep paying U.S. soldiers in the event the government runs out of money Oct. 1, the start of the new fiscal year, to run many programs.

As government agencies edge toward closing their doors, the standoff is a harbinger of the next big political battle: a far-more consequential bill to raise the federal government's borrowing authority. REUTERS

Debt ceiling
$16.7T
Failure to raise the $16.7 trillion debt ceiling by mid-October would force the United States to default on some payment obligations, an event that could cripple the economy and send shock waves around the globe.

In a government shutdown, spending for functions considered essential, related to national security or public safety, would continue, along with benefit programs. / GETTY IMAGES

Affordable Care Act

The race to get Obamacare online goes down to the wire

Just days before the launch of the new U.S. state health insurance exchanges that are the centerpiece of the Affordable Care Act, a nationwide push is still underway to test and patch the technology behind the online sites.

Officials working on the sites have acknowledged that information technology failures will prevent many of them from functioning fully for weeks, and perhaps longer. REUTERS

Iran is big test for Obama's often rocky ties with Netanyahu

Relationship. Obama and Netanyahu have a track record of difficult encounters.

Six months after President Barack Obama eased a strained relationship with Prime Minister Benjamin Netanyahu during a visit to Israel dubbed "Operation Desert Schmooze," the two leaders now face the biggest test of whether they can work together — and the stakes are higher than ever.

A diplomatic charm offensive by new Iranian President Hassan Rouhani has suddenly opened up a gap between the White House and Netanyahu's government. How they respond could have far-reaching implications for their political legacies as well as the future stability of the Middle East.

Coming three days after Obama and Rouhani had an historic phone call, which was the highest-level contact between the two countries in three decades, today's White House meeting between the U.S. and Israeli leaders is shaping up as perhaps their most consequential encounter.

Obama and Netanyahu will try to avoid any repeat of previous clashes as they seek to project unity. But behind closed doors, their differences over Iran may prove hard to bridge. REUTERS

Quoted

"I will speak the truth. Facts must be stated in the face of the sweet talk and the blitz of smiles."

Netanyahu

Rouhani and Obama's recent call was the most contact Iran and the U.S. have had in decades. / GETTY IMAGES

Arrest. Israel says it has Iranian spy with photos of US Embassy

Israel disclosed yesterday the arrest of an Iranian-Belgian citizen on suspicion of spying for Iran, saying he had photographed the U.S. embassy and intended to establish business ties in the Jewish state as a cover for espionage.

Israel and Iran are bitter adversaries. Israel, widely believed to be the Middle East's only nuclear power, says Iran is covertly seeking to develop atomic weapons. Iran says it is enriching uranium solely for peaceful purposes.

Ali Mansouri was arrested on Sept. 11 at Tel Aviv's Ben-Gurion Airport, the Shin Bet intelligence service said in a statement. It coincided with the start of a visit by Prime Minister Benjamin Netanyahu to the United States where Iran's nuclear program will top his agenda. REUTERS

Diplomatic slap

Kenya raps US over 'unfriendly' travel warning

Kenya rebuked the United States yesterday for warning its citizens over travel to the east African country after the Sept. 21 Nairobi mall attack, calling the alert "unfriendly" and asking Washington to lift it.

Interior Minister Joseph Ole Lenku delivered the diplomatic slap when he updated reporters on a government investigation into the assault by Islamist militants on the Westgate center. REUTERS

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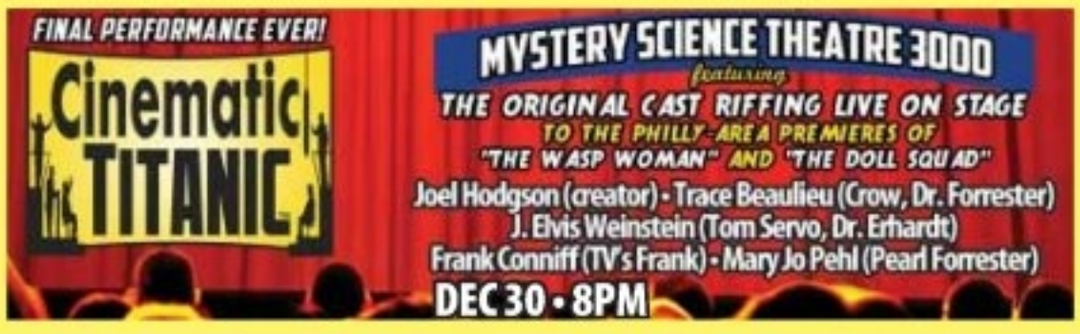
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Wingmen for hire: A way to find love using fake friends

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"It's three things that make a wingman," said Thomas Edwards, 28, founder of the U.S. firm The Professional Wingman. "You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection and you have to be able to make them seem amazing.

"Whether clients are 21 or 63, there are behavior patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after."

The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married. Barack Obama is among his Twitter followers. Edwards' business model has inspired similar companies across the world, including services for women and gay people.

While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him. "It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

He got game

$125

For $125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

KIERON MONKS
kieron.monks@metro.lu

Reuters/Ipsos poll

Sony's PS4 tops Xbox One as gamers' holiday choice

More U.S. shoppers prefer Sony's upcoming PlayStation 4 than Microsoft's Xbox One, according to a Reuters/Ipsos poll, as the industry's two leading videogame console makers prepare to do battle this holiday season.

Asked about their interest in dedicated game devices, 26 percent of 1,297 people surveyed online last week say they are likely to purchase the new PlayStation 4 when available, versus 15 percent opting for the Xbox One.

Though based on a limited sample, the results potentially point to a lopsided battle during the crucial holiday season, with Microsoft and Sony hoping to get their newest consoles into U.S. households. Apart from games, they act as conduits for living-room entertainment, from TV shows to music. **REUTERS**

Below 40

41%

The rift widens among those below the age of 40. Of that group of 408 people, 41 percent picked Sony's PS4 versus 27 percent for Microsoft's Xbox One, according to a Reuters/Ipsos poll conducted from Sept. 23 to Sept. 27.

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lena Dunham can take a joke and Albert Brooks takes issue with his soda.

@lenadunham: The SNL parody of Girls was a true honor.

@AlbertBrooks: Theoretically Coke Zero should have nothing in the can.

1 Even more Cyrus

You guys, I think we need to talk about Miley Cyrus' cover story for the latest issue of Rolling Stone. Because it's amazing. And totally crazy. Just like my girl Mi-Cy (uh huh, that's what I'm calling her now). I've said it before and I'll say it again: Despite being a rational, mostly functioning semi-adult who is not currently tripping balls on molly, I love everything that Miley Cyrus does and says. Because honey badger. don't. care.

MILEY CYRUS
GETTY IMAGES

And honey badger has a ton of crazy things to say. So many things, in fact, that they all couldn't fit in one story! On Friday, to my utter delight, Rolling Stone released the "outtakes" from the interview — and they are such tasty little nuggets of wackness that I don't envy the editor who had to cut them.

The highlights? Oh NBD, just that she's like a "creepy, sexy baby," for one. (Can't argue with that, there's nothing creepier than a sexed-up infant, IMO). She also compared herself to Sinead O'Connor (I'm sure Sinead would appreciate that) and said that she is partially personally responsible for starting forest fires in L.A. (I'm sure Smokey the Bear would not appreciate that.)

Lastly, she got really candid about her drug use and revealed that while she loves molly and the cheeba — and once smoked peyote (uh, what?) — she does not get down with blow. "It's like what are you, from the '90s? Ew."

That one made me laugh so hard at my desk, in between drags of my peyote cigarette. Because I'm pretty sure that the '90s were not the cocaine years. And I'm pretty sure that Miley Cyrus is, in fact, from the '90s. (Quick Google confirms that Miley was born in 1992. Ew.)

THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLO
alexandra.cavallo@metro.us | @AlexCavallo

Cher isn't afraid to tell it like she sees it. / GETTY IMAGES

2 Cher shares

You know who is the one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — another seasoned diva still behaving like boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said shade at Madge in a Reddit forum. Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet nether-regions. Over the weekend, she logged on for an "Ask me Anything" open forum on Reddit (oh, btw, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

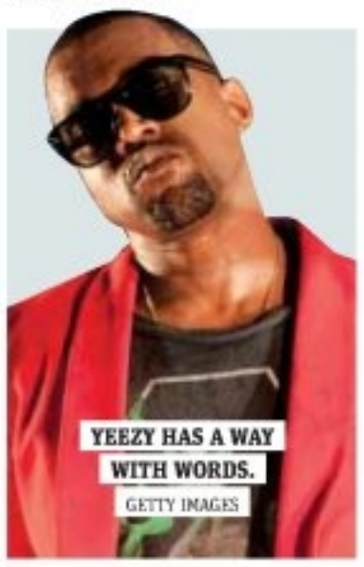
Cher, being the classy yet truth-spitting-broad that she is, responded, "I never hated her, I just thought she was a bitch." And that, my friends, is 'nuff said. #Nodisrespectobenaffleck, though.

3 #Beef

In other news that amused me probably more than was warranted, Kanye West is finally back from paternity leave and back in the business of tweeting nonsensical, all-caps beef.

Yeezy apparently did not get the joke after Jimmy Kimmel made fun of his recent — and cray-cray — BBC interview by having children read segments of the copy out loud (good stuff, by the way). He took to the Twittersphere to reasonably and maturely express his disapproval, tweeting "SHOULD I DO A SPOOF ABOUT YOUR FACE OR YOU F***ING BEN AFFLECK...#NODISRESPECTTO BENAFFLECK.

Am I wrong in thinking that #nodisrespecttobenaffleck is the best hashtag ever? Going forward, I plan on hashtagging everything as such. Instagram photos of my dinner, Facebook posts about my day, tweets about gossip items I've written for the Metro. #nodisrespecttobenaffleck. Because, really, none meant.



YEEZY HAS A WAY WITH WORDS.
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Entering an 'Enchanted World'

Snow White. The PMA has Ludwig Emil Grimm's illustrations of his big brothers' fairy tales.

At the center of the Philadelphia Museum of Art's new exhibition, "The Enchanted World of German Romantic Prints," an 1836 etching sits alongside a flat-panel, high-resolution digital screen. For once, modern technology actually helps one look closer at the more antiquated piece, rather than distracting from it: The screen isolates figures and details that might otherwise get lost in the florid details of the print, which tells the story of Sleeping Beauty.

That pairing provides a key to enjoying the exhibit. Each of the 125 etchings, lithographs and woodcuts in the show is rich in fine detail and hidden elements, rewarding a viewer's close, lingering examination. "A lot of these prints are like flypaper," says Cordula Grewe, a fellow in art history at the University of Pennsylvania, during a preview of the exhibition. "At first you just find them pretty and decorative, but the longer you look you get trapped and start to think about God and nature, the cosmos, myths and legends, and you end up never leaving them alone."

That was what happened to curator John Ittmann more than 20 years ago, when he arrived at the museum to help catalogue its collection of French prints. "I was let loose in the boxes," Ittmann recalls, "and pulled out these boxes of prints in the German aisle by artists I'd never heard of. And I've been digging into it ever since."

If you go

'The Enchanted World of German Romantic Prints'

Through Dec. 29
Philadelphia Museum of Art
26th St. and Ben Franklin Pkwy.
$14-$20, 215-763-8100
www.philamuseum.org

It's not hard to understand what captivated Ittmann as one contemplates some of the gorgeous prints on display, which range from lush landscapes to fairy tale illustrations, intimate family portraits to bold historic scenes. The works are all culled from the museum's holdings of 8,500 prints from the German Romantic period, the largest in the country. Most come from a collection of 40,000 European prints acquired by John S. Phillips in the mid-19th century.

German artist Ferdinand Olivier represents the days of the week with seven snapshots of 19th-century Salzburg, revealing intimate details of daily life. Ludwig Emil Grimm provides one of the earliest illustrations for the fairy tale collections of his famed older brothers.

By encouraging such intense contemplation, these prints, Ittmann says, inspire "a kind of poetic revery. Prints, as much as anything, invite the individual to come and sink into this mood of being drawn into a landscape or a legend of the past."

SHAUN BRADY
letters@metro.us

Eugen Napoleon Neureuther's 1847 etching "Cinderella" is on display at the art museum. / PHILADELPHIA MUSEUM OF ART

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What's all the 'Buzz' about? Ask Carrie Keagan

"Big Morning Buzz Live with Carrie Keagan" premieres today and airs Monday-Friday at 10 a.m. on VH1. / JESSICA HOFFMAN

TV. The host of VH1's "Big Morning Buzz Live" has big plans for season 3.

Mornings are about to get a lot edgier as VH1's entertainment news and talk show "Big Morning Buzz Live with Carrie Keagan" returns today. Season three will be filmed live from the old MTV "Total Request Live" studios above Times Square. And host Carrie Keagan is pretty pumped to be moving to behind enemy lines.

TRL studios sound like MTV territory.
I'm so excited! We're taking over the big stage. I know where all the bodies are buried now. It's going to be great. We loved our set when we were in the 20th-floor lobby with the elevator shaft and everything, but it's time to graduate.

What will you do with all that space?
I have a lot more space to do cartwheels. I want to do a lot more interactive stuff. We have brought people onto the set before, and we're going to be surprising some fans with set visits and things like that. Because the stage is so much bigger, we have a lot of room to bring in really big bands. Last season Jon Bon Jovi came and played, Fun. came on, we had Macklemore. I'm hoping this year's going to be even bigger and even better. We're VH1 — music is everything to us.

And co-host Jason Dundas is back too?
Yes, he's fantastic. Jason is a big goofball. He bounces in, and then he bounces out into Times Square, and he's always bringing me the pop culture news every morning. He's adorable, so everybody loves looking at him!

You've done over 7,000 interviews. What are your tactics?
When I first started doing this, I wanted to know what it felt like to have a beer with George Clooney. That's how you do an interview: You hang out with somebody, and you talk to them like they're your friend. I don't think I've ever asked somebody, "Hey, tell me about your project" or "What was it like working with so-and-so?" I just like knowing what it's like to hang out with people, and I think that's what most of us that are fans of people want to know: that feeling of just sitting at a bar, having a cocktail, shooting the sh—.

Who do we have coming up for episode one?
I don't know! Actually they haven't told me yet. Last year we had Sylvester Stallone and Eva Longoria. ... This year we're going to be upping the game.

How it all started

Do you remember your first major interview?
Nicolas Cage was my first big celebrity. I was definitely nervous, and I am a huge fan of Nicolas Cage, so sitting across from him was incredibly intimidating and scary. But I ended up cracking him up with a stupid joke, and that meant everything to me.

ANISA ARSENAULT
letters@metro.us

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TV watch list

Check out these happy divorcees in "We Are Men." / CBS

COMEDY

'We Are Men'

Remember that "Simpsons" episode where Kirk Van Houten splits with Luann and moves into a sad rental complex for sad single men where his bed is in the shape of a Ferrari? That's this, only as a live-action sitcom. The great Tony Shalhoub is joined by the less great Jerry O'Connell and Kal Penn as divorcees bonding and presumably drinking heavily. **8:30 P.M. CBS SERIES PREMIERE**

DOCUMENTARY

'The Story of Film: An Odyssey'

TCM has been airing film critic Mark Cousins' epic, 15-part documentary on the history of cinema since early this month, and there are still 10 weeks left. This episode focuses on WWII's impact on film, and how it created a tougher, darker cinematic language. As usual, the show will be followed by relevant films shown in full, namely "Citizen Kane," "The Best Years of Our Lives" and "Rome, Open City." **10 P.M. TCM**

COMEDY

'Hello Ladies'

If you missed Stephen Merchant's first solo show when it premiered Sunday night, here's an encore. Ricky Gervais' brilliant and bewilderingly tall cohort (he's seriously 7 feet tall) plays a googly-eyed man out on the prowl for love in Los Angeles. **8 P.M. HBO COMEDY MATT PRIGGE**

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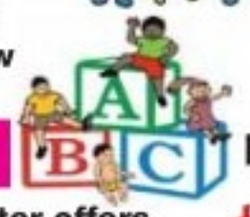

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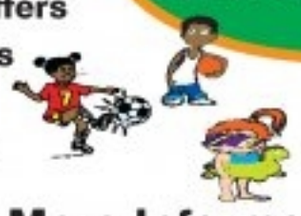

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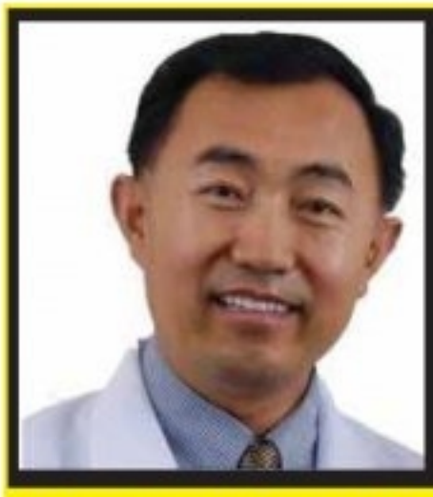

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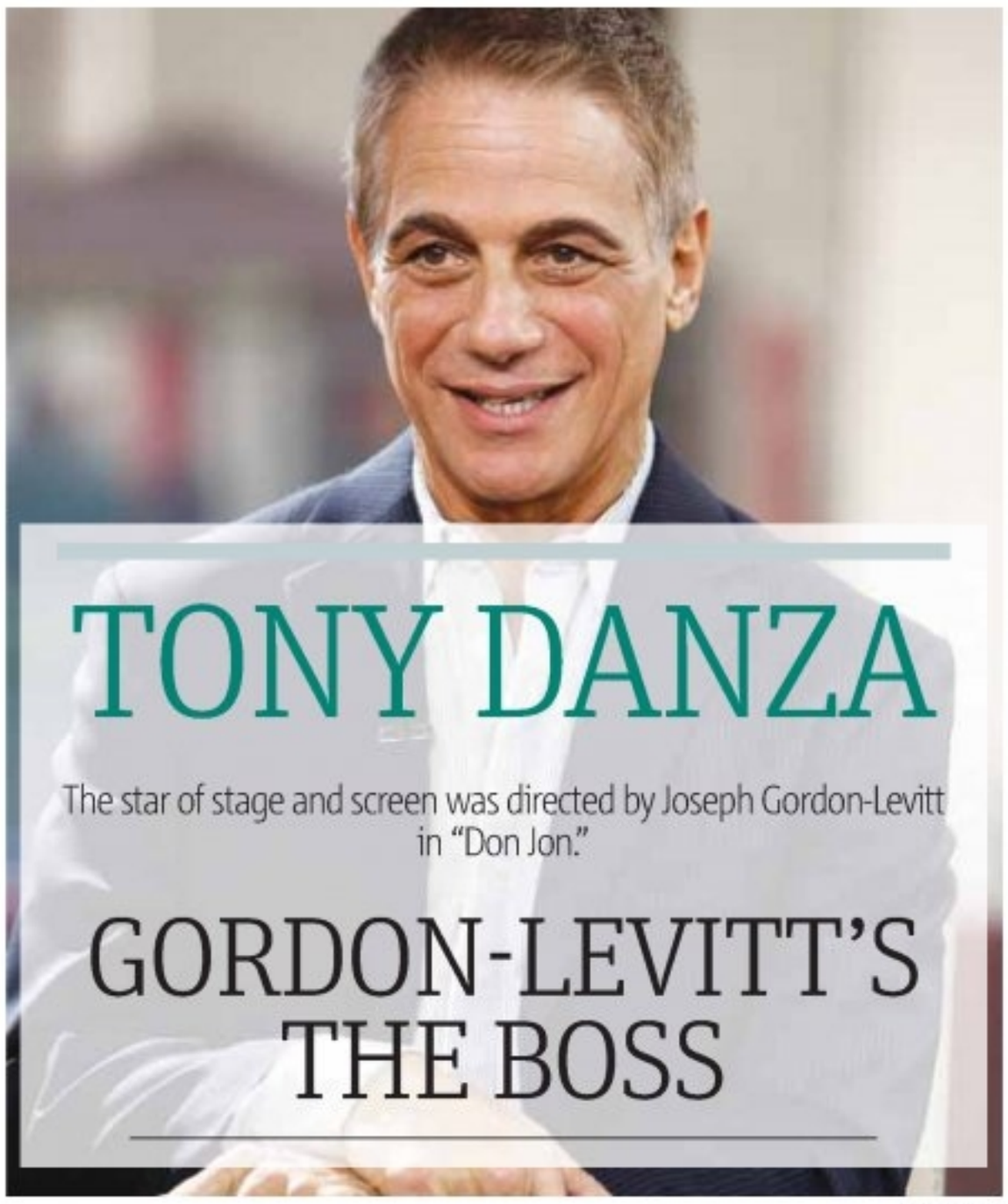

TONY DANZA

The star of stage and screen was directed by Joseph Gordon-Levitt in "Don Jon."

GORDON-LEVITT'S THE BOSS

GETTY IMAGES

A few weeks ago, "Taxi" turned 35. That and "Who's the Boss?" are what Tony Danza is best known for — but he's always been busy. A onetime boxer who stumbled into acting, he's been a somewhat surprising stage star. He's currently prepping a musical version of the 1992 film "Honeymoon in Vegas," with him in the James Caan role. He also spent a year teaching at a Philadelphia high school, which produced both the reality series "Teach: Tony Danza" and a book on his experiences. This weekend he returns to a medium that hasn't always treated him well: movies, playing Joseph Gordon-Levitt's dad in "Don Jon."

How does doing stage compare to doing TV work?

The thing that's great about a sitcom is it's like doing a little play every week. But with plays it's that repetition that makes it so exciting. It reveals itself down the road. The only way you can do that is by doing it a hundred times. That's what's sad about being reviewed when you're just start-

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Must know

Do some research before hiring an attorney. Don't just hire the firm whose ad you like the best. Philadelphia malpractice attorney Tai Y. Wong has the following tips:

- **Check their qualifications:** Has the attorney handled similar cases before? What's their firm's success rate?
- **Read the small print in the ad:** It may say "cases may be referred to another firm," meaning the firm you think you're hiring may not actually handle the case.
- **Don't ignore word of mouth:** If you know an attorney, he or she may be able to recommend someone in the specialty you need.

Fees. Make sure there's a clear agreement between you and who you hire.

There are two ways to pay a lawyer — either by the hour or on contingency.

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The advantage to the clients, especially low- or middle-income clients, is clear: the attorney shares the risk in bringing the suit, and the client won't be bankrupted by the process.

In addition, since the attorney only gets paid if he or she wins, there's a strong incentive to take only worthwhile cases and to pursue them diligently.

The downside, of course, is that the client pays the attorney a substantial chunk of the settlement. If your case is fairly straightforward — something the attorney can handle with a few phone calls to an insurance company — you may be better off paying an hourly rate.

In the commonwealth of Pennsylvania, all malpractice cases are handled on a contingency basis, as are most personal injury suits.

Do your homework before choosing which lawyer is right for you. / GETTY IMAGES/ISTOCKPHOTO

Free resources

Low-income Philadelphia residents who need help with civil cases have a resource: Community Legal Services. This nonprofit organization, founded by the Philadelphia Bar Association in 1966, provides free legal services to qualified clients in the following areas:

- Aging and disability
- Employment
- Energy
- Family advocacy
- Homeownership and consumer law
- Housing
- Language access
- Public benefits

Their website (clsphila.org) also offers links to available resources for issues they can't help you with directly.

JUDY WEIGHTMAN
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Have a medical malpractice case?

MAKE SURE YOU HAVE THE THREE COMPONENTS THAT MAKE UP A MEDICAL MALPRACTICE CASE.
GETTY IMAGES/ISTOCKPHOTO

Injury. It doesn't just have to be physical—it can be emotional or even financial.

The purpose of a medical malpractice lawsuit is to seek compensation for medical mistakes.

"To bring a medical malpractice lawsuit, you need to prove three components," explains Tai Y. Wong, a physician-attorney practicing in Philadelphia. "First, there is negligence by the healthcare provider — breach of the duty to exercise reasonable care under the circumstance. Second, the patient has suffered an injury. Third, the plaintiff [person bringing the lawsuit] also has to prove that the negligence caused the patient's injury."

Negligence can be either something the health care provider did wrong (like botching an operation), or something he or she failed to do (like diagnosing a condition or cancer).

In either scenario, however, it has to be a mistake that a reasonable practitioner under the circumstances would not have made.

The injury can be physical or emotional. This may be death or permanent injury, but may also include both economic and non-economic damages. Economic damages may include loss of earnings, past and future, as well as cost of treatment and care.

Non-economic losses may include pain and suffering, mental anguish and loss of enjoyment of life. It may also include the impact on the the affected person's relationship with his or her family or friends.

Finally, one has to show that the injury resulted from the negligence. "It's the plaintiff's responsibility to prove the causation between the negligence and the injury," Wong says.

JUDY WEIGHTMAN
letters@metro.us

The waiting game

How long is too long to wait?

In Pennsylvania, adults have two years from the date of the incident to file a medical malpractice lawsuit with an attorney.

"There are some exceptions to this two-year requirement under certain circumstances, but should not be relied upon without consulting with an attorney," Wong says.

A lawsuit involving a child has a window of up to his or her 20th birthday.

The two-year clock doesn't start until the child becomes a legal adult at 18.

However, crucial evidence, including medical records, could be lost or legally purged after certain number of years.

"So, whether a child or an adult, it is very important to consult an attorney as soon as one suspects there is potential medical malpractice," Wong says.

Quoted

"It's the plaintiff's responsibility to prove the causation between negligence and the injury."
Tai Y. Wong, physician-attorney

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The story of Martin LLC

In 1979, George Martin, a young attorney and single parent, was fired from a law firm for leaving work one day to catch a train to pick up his 2 young children from daycare. While it was easy for him to land office space, it was not as easy to land new cases. However, friends in the legal community came through with work.

The first couple of years were a bit of a struggle, as Martin often worked for free when he thought the client was in worse financial shape than himself, but his work attracted attention. And more clients. And more attorneys and staff.

From the late 1980's through the 1990's, the practice grew with various attorneys coming and going and the name reflecting many of those lineups. And the firm became known throughout the Commonwealth of Pennsylvania as a Workers' Comp powerhouse. And not just for its work on behalf of workers but also because the attorneys were thought leaders. They were attorneys who held leadership positions in professional associations and worked to change the law to improve the rights of injured workers.

The firm has added the practice of Social Security Disability, Long-Term Disability and Veterans' Benefits to complement their practice of helping those who can't help themselves. And to this day, Martin LLC partners, George Martin, Matt Wilson, Joe Huttemann, Al Carlson and John Dogum, remain authors, teachers and leaders on the subject. They are grooming the future of the practice with their 8 associate attorneys and their staff has grown to more than sixty with a client base as strong as ever.

Partners, front row (L-R): John Dogum, Al Carlson, George Martin, Matt Wilson and Joe Huttemann. Associates, back row (L-R): Amit Shah, Frank Udinson, Maria Bermudez-Harris, Annabelle Cedar, Lisa Eldridge, Elise Bradley, Shuaiyb Newton, Joseph Capitan, and Joseph Conlan.

Also strong is the firm's commitment to charitable causes. Blood drives, food drives, marathons, walks, and other community causes are a weekly occurrence at the firm. The "George and Miriam Martin Foundation," founded in 1996 by George Martin, has given more than $3 million to environmental causes.

Most recently, the firm made a decision to change their name once and for all.

Reasoning that since law firms (including their own) often change names when attorneys join or leave, they never again wanted the focus to be on the attorneys coming and going, rather it should always be on the firm's work to help people. They knew that the vision of George Martin when establishing and growing the firm was simple: help Pennsylvania's injured and disabled workers. The attorneys then selected a name that is as timeless, simple and strong as that vision: Martin LLC.

Because as large and successful as the firm has become, the attorneys know that it is about just one person: the client. A client who finds him or herself in a jam, responsible for providing for a family but faced with a difficult challenge in trying to actually perform the work to do so. Just like Martin did, so many years ago. Except he is now one of the people extending a helping hand.

"What we do," says Martin, "makes a difference in people's lives. That, above all things, is my driving passion."

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A will is important at any age

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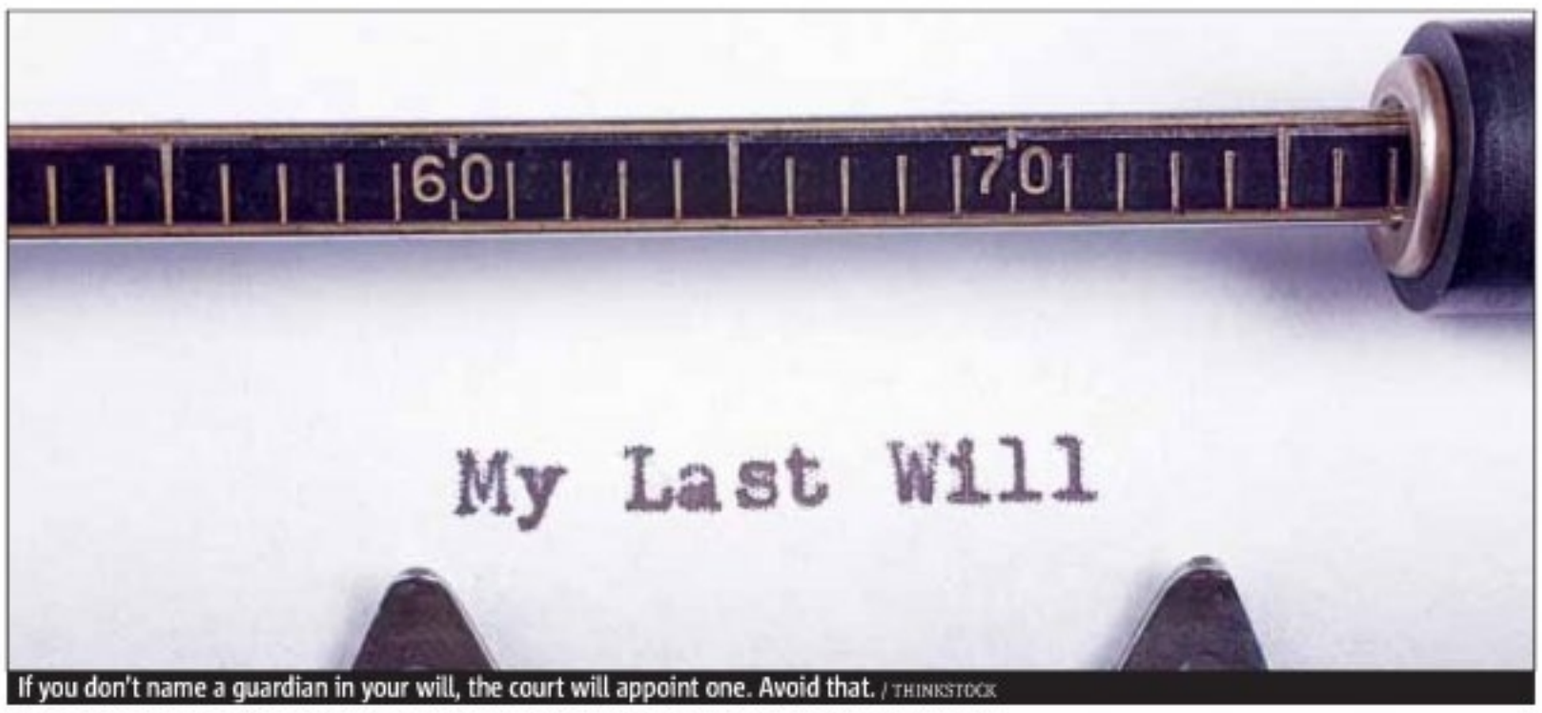

If you don't name a guardian in your will, the court will appoint one. Avoid that. / THINKSTOCK

Do you need a will?

"The real question is, what would happen if you don't have a will," says Kathy Mandelbaum, director of the Graduate Tax Program at Temple's Beasley School of Law.

Every state has different intestacy laws, which specify where your assets go if you don't have a valid will. "The intestacy distribution can work well for a lot of people," Mandelbaum says, "but not everyone."

For instance, same-sex couples, or heterosexual couples who have chosen not to marry, would probably want to ensure that assets go to their partners. "Or someone who has no partner," Mandelbaum adds; "He or she may have close friends or charitable interests that they'd prefer to have their assets go to rather than their biological family." These people should definitely write wills.

Perhaps even more important than distributing property though, is what will happen to your children if no parent survives, if you and your spouse both die or if the other parent has had his or her parental rights terminated.

If you don't name a guardian, the court will appoint one. Make sure you have a valid will laying out your preferences.

Also, any major life change should trigger you to take another look at your will, Mandelbaum says.

These obviously include a change in your marital status, the birth of a child or if you move to another state which may have different inheritance laws.

JUDY WEIGHTMAN
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What's not included?

Two kinds of assets may or may not be included in your will:

1 Joint property, such as a house you own with your spouse. Depending on the type of tenancy, the surviving owner may automatically take full possession.

2 Proceeds of life insurance policies and retirement accounts, if you specified beneficiaries when you opened these accounts.

Be wary

Online wills can be tricky

Although will-writing programs are available online, you will probably benefit from the advice of an attorney.

"A computer program is only as good as the information you give it," says Mandelbaum.

It can ask you to name an executor or a guardian for your children, for instance, but not explain the factors to consider when choosing that person.

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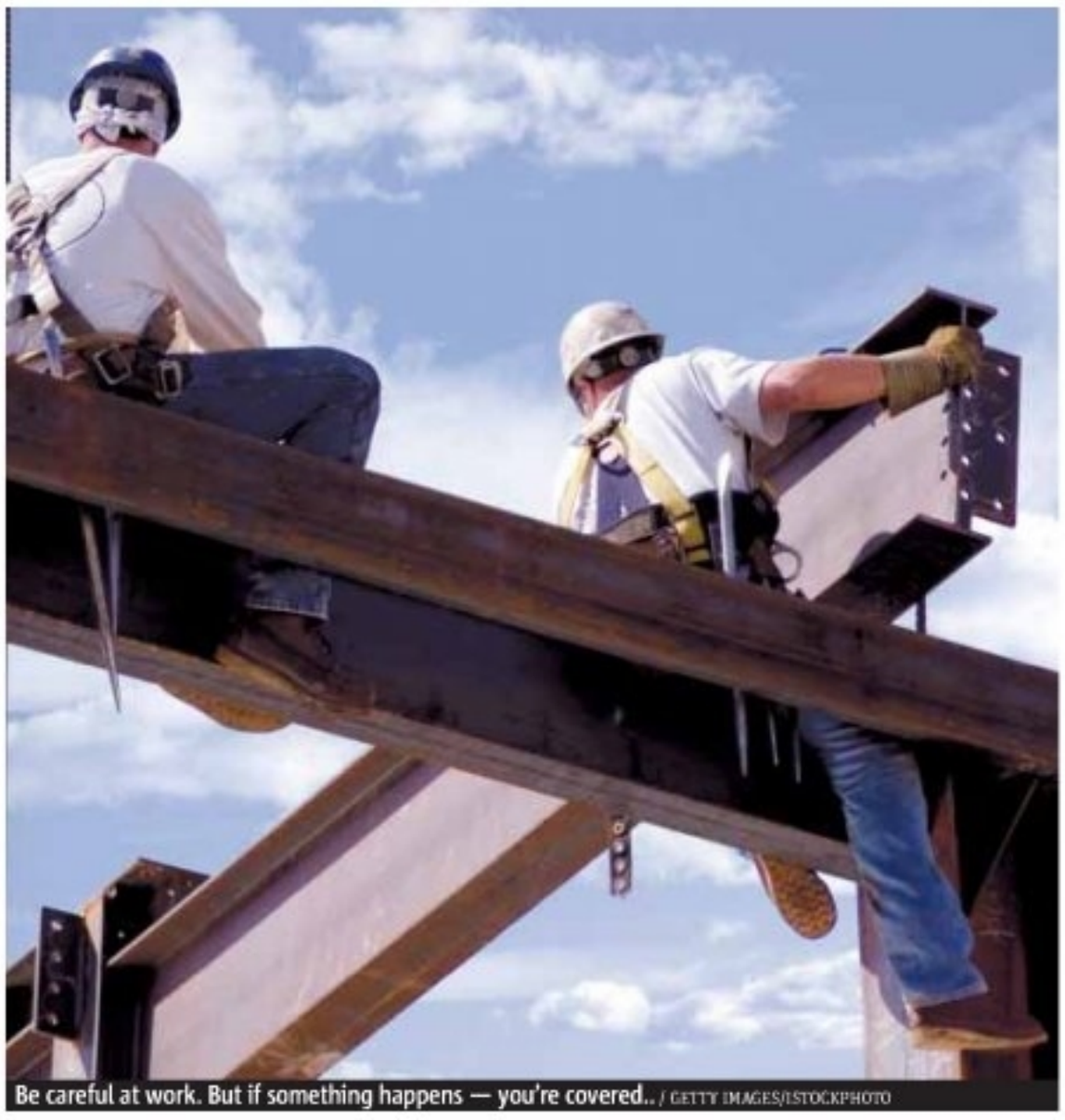

Be careful at work. But if something happens — you’re covered.. / GETTY IMAGES/ISTOCKPHOTO

Workers’ comp.
Don’t put off telling your employer if you’re hurt.

If you’re injured on the job, you may be eligible for workers’ compensation benefits.

“Full-time, part-time, it doesn’t matter,” says Jerry Lehocky, partner in the Philly law firm Pond Lehocky Stern Giordano. “It could be your first day.”

Equally important, you don’t have to be a U.S. citizen: undocumented workers are just as eligible.

The one requirement, in Pennsylvania, is that you got hurt while performing job duties — whether they’re in your formal job description or not. This includes duties off-site, such as attending a client meeting or a conference. It can even include a sports injury if you’re playing on a company-sponsored team.

The clock is ticking on your time to file a claim though, so don’t put it off. Although you have up to three years to file a claim, that claim has to be based on a report filed at the time of, or soon after (within 120 days of), the incident.

“Always report every injury, however small,” Lehocky emphasizes. “If you don’t inform your employer at the time, you won’t be able to file a claim later.”

For a problem caused by an ongoing situation, like carpal-tunnel syndrome from repetitive movements, or lung problems caused by breathing in chemicals, the clock starts when you receive a doctor’s diagnosis.

JUDY WEIGHTMAN
letters@metro.us

Call a lawyer

Were you denied?

If your worker’s compensation claim is denied, “Call an experienced worker’s comp attorney right away,” Lehocky advises. “The laws are very technical, and you need someone who knows what they’re doing.”

You may be eligible for short- or long-term disability, or possibly for Social Security benefits. You may be eligible for unemployment compensation.

You cannot sue your employer, but you may have a case against a third party. If, for instance, you were in an accident while driving a company vehicle, you could file for worker’s comp plus sue the driver of the other vehicle.

Every employer in the state must carry worker’s compensation insurance.

“This doesn’t mean they all do,” Lehocky says.

If they don’t, the state has a fund — the Uninsured Employers Guaranty Fund — to pay claims to workers who qualify.

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WORKERS' COMPENSATION Q&A

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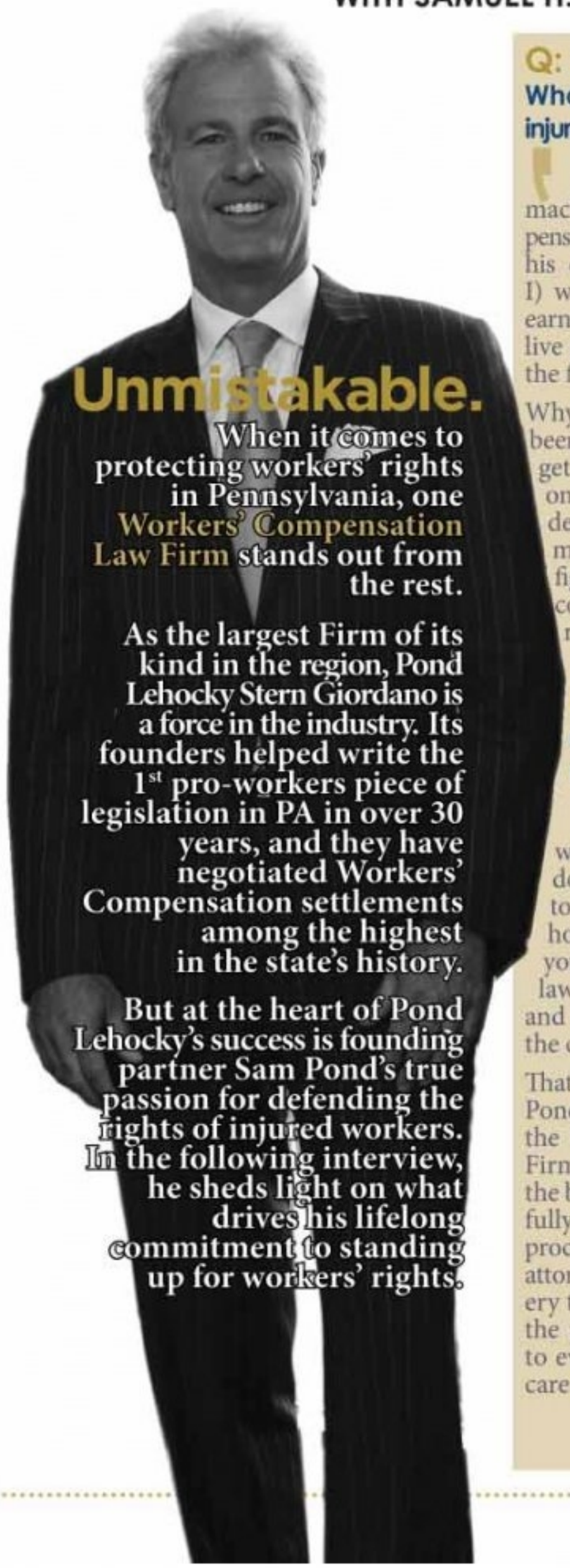
WITH SAMUEL H. POND, ESQ.



Unmistakable.

When it comes to protecting workers' rights in Pennsylvania, one Workers' Compensation Law Firm stands out from the rest.

As the largest Firm of its kind in the region, Pond Lehocky Stern Giordano is a force in the industry. Its founders helped write the 1st pro-workers piece of legislation in PA in over 30 years, and they have negotiated Workers' Compensation settlements among the highest in the state's history.

But at the heart of Pond Lehocky's success is founding partner Sam Pond's true passion for defending the rights of injured workers. In the following interview, he sheds light on what drives his lifelong commitment to standing up for workers' rights.

Q: Why do you do what you do? What motivates you to represent injured workers?

A: My father worked as a union machinist for 35 years only to have his pension denied on a technicality while on his deathbed. His kids (my sister and I) would have missed out on his hard-earned benefits just because he didn't live another nine days until the start of the following month.

Why do I do what I do? Because I've been there. Because I've seen my father get burned and my mom break her hip on the job. These are experiences that deeply affected me and have driven me all my life to go to battle for folks fighting big businesses and insurance companies for their hard-earned rights.

Q: People that come to you for representation typically have a lot on the line.

A: When you're hurt and can't work, your bills start piling up. You don't know if you're going to be able to put food on the table or stay in your home. You can't afford to lose out on your benefits, and you need a proven law firm with the resources, expertise, and drive to fight tirelessly until you get the compensation that you deserve.

That was our vision when we founded Pond Lehocky Stern Giordano—to be the best Workers' Compensation Law Firm. To make sure that our clients get the best experience possible, from being fully informed and prepared for the legal process, to being comfortable with their attorney, to being warmly greeted every time they come to our office—that's the personalized experience we offer to every one of our clients. Because we care about them, to the core.

Q: What makes Pond Lehocky Stern Giordano *the* choice for Workers' Compensation?

A: We have the resources, the expertise, but also the passion that drives us to go the extra mile and do whatever it takes to get our clients the benefits they deserve. We are the largest Workers' Compensation Firm in the region, and we leverage our resources to bring the firepower needed to go to battle for our clients and succeed.

Our clients lives are basically shattered when they come to us and we help them put their lives back together again. We negotiate multiple $100,000+ settlements on a weekly basis, including a $3 million settlement that is among the highest in Workers' Compensation ever awarded in Pennsylvania's history. At this point we're carrying a heavy stick when we walk into a courtroom. And all this while never charging a client unless we win the case.

Workers' Compensation law is very technical and complex, and injured workers need outstanding, proven representation if they're going to be successful with a claim. That's what we deliver.

Q: But even with your size and success, you stay true to the individual worker.

A: At Pond Lehocky we're not representing an insurance company or a bottom line. We're representing real people, folks who have put their body on the line every day to earn a living and are now in need of much-deserved compensation earned with blood, sweat, and tears. That's what motivates me. My client's fight is my fight, and that's the passion and drive my Partners and I have instilled in every member of our Firm. It is an honor to fight for our clients and our duty to help make them whole again.

ing as opposed to being reviewed after you've done it for a while.

Your character in "Don Jon" isn't very redemptive.
He's not redemptive at all. But everybody you play, you love. I don't think you can be out there if you don't love the guy. With Jon Sr. here — I know people like him. We're all a bit like him. We're a little bit disconnected, a bit less reciprocal than we'd like to be. He's just a bit more extreme than most.

How was Gordon-Levitt as a director, especially on his first time?
He's terrific. He wrote a movie that captures the culture of the minute, and makes us laugh, and there's a message. ... He's not proselytizing, but it's there. It's a cautionary tale, a comment on society. ... It's exactly what you don't want to end up like. And then he directed it? Wow! Joe's got a vision. He said to me, "I want these scenes to crack. I want them to snap. I don't want to see Tony Danza." We did a take and [he] said, "I still like ya, get rid of that."

Real talk

On schools

Danza spent a year teaching at Northeast High School in Philadelphia, which produced the reality series "Teach: Tony Danza." Of course, he has things to say about the recent issues with Philly school cuts.

"We have to make a commitment to educate all our kids, not just the ones who can pay $30,000 for the private schools, and not just the ones that are motivated," he says. "The ones that aren't motivated, that don't have motivated parents — it's not their fault. If you privatize, how do you not end up with a two-tiered system? Because the motivated kids with the motivated parents are going to go to the good schools, and then they're going to leave everybody else behind."

MATT PRIGGE
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Box office. Viewers chose giant falling food over ScarJo

The sequel to "Cloudy with a Chance of Meatballs" devoured the weekend box office competition.

The animated 3D "Cloudy With a Chance of Meatballs 2," which tells the story of monster-sized food that comes to life as "foodimals," earned $35 million at U.S. and Canadian theaters.

"Cloudy 2" outpaced car racing drama "Rush," which pulled in $10.3 million from Friday through Sunday to finish third, behind last week's winner, drama "Prisoners" starring Hugh Jackman, which made $11.3 million.

New romantic comedy "Baggage Claim," distributed by Fox Searchlight, a unit of 21st Century Fox and starring Paula Patton as a woman on a 30-day quest to find a mate, finished in fourth place with $9.3 million.

"Don Jon" debuted in the weekend's No. 5 spot with $9 million. The movie stars Joseph Gordon-Levitt as a young man whose pornography addiction interferes with his relationship with a young woman, played by Scarlett Johansson.

REUTERS

Top 5 earners

1. 'Cloudy With a Chance of Meatballs 2' $35 million
2. 'Prisoners' $11.3 million
3. 'Rush' $10.3 million
4. 'Baggage Claim' $9.3 million
5. 'Don Jon' $9 million

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Oatmeal: The four power combos

Yum. We'll soon be hitting sub-zero temperatures, so it's OK for us to live off oats. Try one of these combinations.

Dietitian Patricia Bannan, author of "Eat Right When Time is Tight," says that when you wake up, "you've been fasting for at least eight hours, so you need to eat within two hours." This will "boost your metabolism, stabilize blood sugar levels and improve your mood," she explains. "Breakfast should be at least 200 calories and contain protein and fiber for sustained energy."

Bannan helped us create these recipes using cooked oatmeal.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

1

2 cups oatmeal
1 tablespoon almond butter
¼ sliced banana
1 tablespoon chocolate chips

2

2 cups oatmeal
1 tablespoon maple syrup
1 strip cooked chopped bacon
Cinnamon to taste

3

2 cups oatmeal
1/5 avocado
2 teaspoons olive oil
1 fried egg
1 ounce smoked salmon

4

2 cups oatmeal
1 tablespoon cardamom
½ cup compote
¼ cup dried chopped cherries
1 tablespoon walnuts

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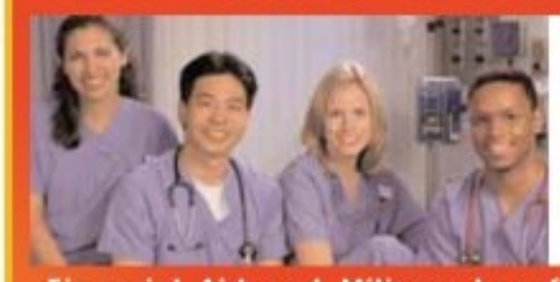

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Party schools raise a glass

T-O-G-A! Playboy selected its list of Top 10 party schools, where students say that they're hitting the books and the bottle.

Beer pong, anyone? Playboy magazine released their Top 10 Party Schools list to be published in their October college issue. (Lucky parents, this comes just in time for high school seniors applying to colleges.)

For the first time, West Virginia University took the No. 1 spot, and not all Mountaineers are excited about the bragging rights. Print journalism student Carlee Lammers explains, "Yes there are parties at WVU, that's no secret. But what school doesn't? There's a very small percentage of students that give WVU that name. ... We are students first."

Taking stock of the climate on campus, the junior alludes to mixed emotions — some students were indifferent, others were proud and a few were disheartened.

"I don't think any school should pride itself on any list, good or bad," she says. "We should be going out into the world showing everyone what being a Mountaineer is really all about! Hard work, kindness and passion for your school and state."

Hard work, kindness and passion aside, the magazine's editors examined data from the National Center for Education Statistics, the NCAA and U.S. Economic Census, along with feedback from Playboy's 12 million social media fans. Apparently it's anyone's game, because the University of Virginia nabbed the top spot last year and didn't even make a dent on this year's list.

So, whether a school fell off the list or moved up the ranks this year, Timothy Skjellerup, author of Maximize Your College Experience and professional speaker, dishes some advice to students in the hallowed halls of higher ed.

The former party boy used to "get smashed out of my mind four out of seven nights a week." He turned everything around by realizing "this was the only time that I was going to live this life." After recognizing an alcohol problem that nearly killed him, he stepped up to the plate and realized he could achieve greatness.

His advice to partygoers is simple: "There are no do-overs. Take responsibility for all aspects of your life, don't sell yourself short and be careful how you define yourself."

VICKI SALEMI
letters@metro.us

This Metro file photo shows two things you can count on at a party school: sweaty students and PBR.
PHOTOGRAPHER: JEROME ENO

Playboy's Top 10

1. West Virginia University
2. University of Wisconsin
3. University of Colorado
4. University of Southern California
5. Florida State University
6. University of Texas
7. Louisiana State University
8. University of Georgia
9. Arizona State University
10. University of Maryland

Quoted

"I don't think any school should pride itself on any list, good or bad."

Carlee Lammers, print journalism student at West Virginia University, on her school being named the No. 1 party school by Playboy.

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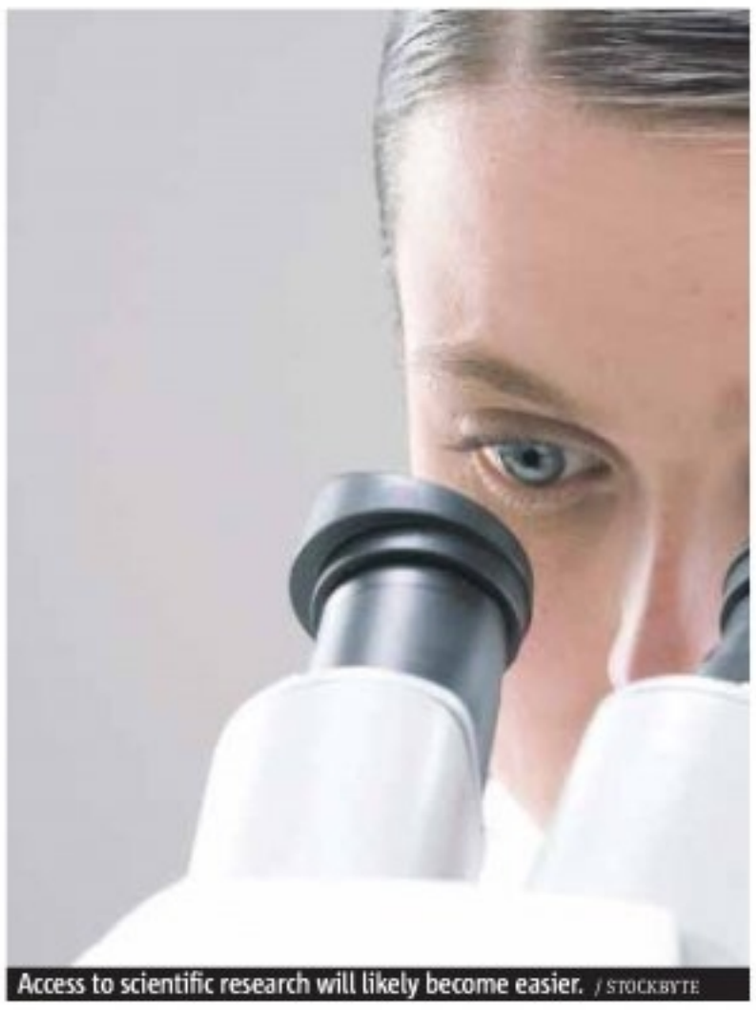
Academia goes digital

Research. A startup receives $11.1 million in funding to put scientific papers online.


Access to scientific research will likely become easier. / STOCKBYTE

Just a few years ago, an entrepreneur with a goal to publish every scientific research paper on the Internet would have seemed ambitious, maybe even a little crazy.

However, with the rise of online education and leading universities like Stanford and MIT publishing tutorials online, this now seems far more realistic. The White House has even spoken out in favor of online learning, with the Obama administration evaluating ways to lower the cost of higher education.

Richard Price, the British-born chief executive of Academia.edu, is that entrepreneur. Last week, Price secured $11.1 million in venture funding to grow Academia.edu, a website for researchers and academics to post studies and groundbreaking ideas.

The site launched five years ago as an online platform for academics to post papers. Since then, the company has seen its community grow to 4.5 million people. These members have created profiles with links to scientific papers as well as information about their background and intellectual interests.

Academia.edu isn't just for researchers — it's designed to be accessible to anyone. Similarly to Netflix or Amazon, the site recommends relevant papers to you based on your areas of interest and the papers you've previously clicked on. According to Price, the site currently boasts about 8 million monthly unique visitors. **REUTERS**

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At 10 am at 5440 North 6th Street, Phila., PA 19120

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LET GO OF YOUR GUILT

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ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bi-monthly podcast called "The Broad Experience" about women in the workplace.

Don't waste too much energy on apologies. / GETTY IMAGES, CREATAS RF

If you're female, chances are you've felt guilty about something work-related lately. Maybe you're convinced you said the wrong thing during a meeting, or perhaps you've had to miss a soccer game or parent/teacher conference because you were on the job. Women do guilt really well. Many of us say "sorry" repeatedly and obsess over minor mistakes.

The trouble with guilt is that it's a wasted emotion. It doesn't propel you forward, it holds you back. But instead of wallowing in regret, you could actually be using that energy to get something done.

The reason many women feel so much guilt is that, at our core, many of us believe we're screwing up if we're not meeting the stereotype of the ideal woman. You know her: she looks great, she does everything perfectly (at home and at work), she's a great mother and she's really nice.

Jodi Detjen is co-author of "The Orange Line – A Woman's Guide to Integrating Career, Family and Life." She says women have imbibed centuries' worth of rules about how we should behave and sticking to them is harming our careers.

Tips

How to overcome guilt:

- Ask yourself why you're feeling guilty and have the strength to question it.
- If you've upset someone, apologize once and move on. Being "nice" doesn't require self-flagellation or multiple "sorrys."

"We only feel guilt because we believe we're breaking a rule," says Detjen. She urges women to question those age-old assumptions. Only when we do that, she says, will more women free themselves up to excel in the workplace.

"Why do we feel guilty if we're dropping our kid off at day care? We should feel good about making money for our family," she says. We suffer, of course, because society has had ideas about a "woman's job" since, well, forever.

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Focus on the positive and how you can help others. Your interesting approach will draw attention.

♏ Scorpio | Oct. 23-Nov. 21. Broaden your knowledge and skills. Expect a jealous person to try to make you look bad. Emotions must not be allowed to interfere with work.

♐ Sagittarius | Nov. 22-Dec. 21. It's what you do that will count. Step your productivity up a notch and make the professional and financial changes that will lead to a better future.

♑ Capricorn | Dec. 22-Jan 20. Show how innovative you can be, and you will impress someone. Consider partnerships with worthwhile contributors.

♒ Aquarius | Jan. 21-Feb 18. Sidestep anyone trying to push you into doing something unappealing. Follow your passion, but let your budget determine what you can and cannot do.

♓ Pisces | Feb. 19-March 20. A financial gain will come from an unusual and difficult source. Look at what you have to offer and put a price on your services.

♈ Aries | March 21-April 20. A hasty decision will cost you. Take a closer, more realistic look at the budget you have to work with and you'll find a smart solution.

♉ Taurus | April 21-May 21. Listen to what's being said, but refuse to let an emotional situation escalate into a disagreement that could damage a relationship. Offer patience.

♊ Gemini | May 22-June 20. Make the necessary changes to your living arrangements to improve your emotional situation and outlook.

♋ Cancer | June 21-July 22. Explore unusual places. The information you pick up will help you make a choice that will improve relationships.

♌ Leo | July 23-Aug. 22. You'll be stuck with added responsibilities today. Deal with them quickly and then move on to projects that you find more interesting.

♍ Virgo | Aug. 23-Sept. 22. Explore new interests and check out what others are doing. The knowledge you gain will open up all sorts of possibilities. Offer your services or join a group.

BERNICE BEDE OSOL

Sudoku: Easy and hard

					6	1	7	8
7			3			4		5
	1		7	5				
						7	8	
2	8						3	6
	3	1						
				4	8		6	
9		8			7			4
3	4	2	9					

5	9				4			6
	7	1		6			8	
			7		8	3		
				4	9		6	
	1						4	
	4		6	1				
		2	3		6			
	3			2		1	9	
9			4				3	2

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

You first, Washington

Sen. David Vitter (R-La.) summed it up. If Obamacare is so good, then how come the people who wrote and passed it don't want it or won't purchase it for themselves? Being on it makes it an easier sell to the rest of us.

If someone tells you the bridge is safe and you can cross it, but refuses to go first, that is not very comforting. Lead the way, Washington. Show us the way. You are elected to lead and show by example. This is a start. Obama should be the first one to sign up.

DANNY ANDROPOLI, VIA EMAIL

Want to know how to stop all this government shutdown budgetary nonsense in Washington?

Simple: Mandate that in the event of a government shutdown, the first federal employees who stop getting paid are our senators and congressmen. Watch how quickly they can find common ground.

BRUCE A. BENNETT, VIA EMAIL

Use the right analogies in gun debate

Re: 'Use the laws on the books before making new ones' (Metro, Sept. 27-29) I'm a gun owner, but two letters to the editor employed flawed logic in opposing rational reforms. One stated that authorities should just enforce existing laws. The other compared guns to cars, arguing that deaths are the price we pay for having both. But Pennsylvania doesn't require owners to report gun theft or loss, a grossly irresponsible position enabling "straw buying." So here's a better comparison: If owners didn't have to report car theft, a drunken driver could kill or maim you, then flee. If later confronted by police, he could claim, "My car was stolen. I didn't get around to reporting it."

BEN CAMPBELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

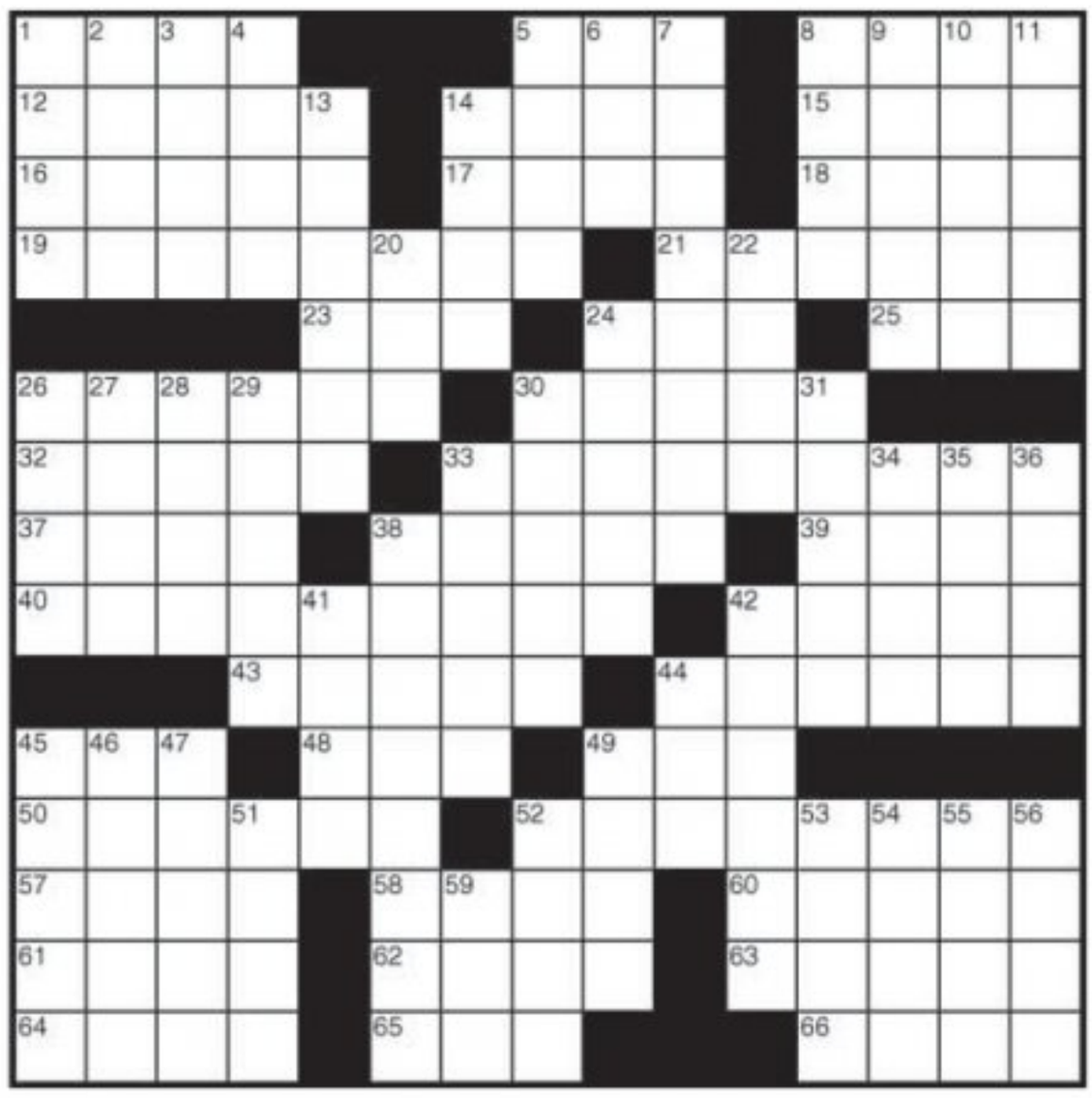
Crossword

Across

1 Beowulf's drink
5 Have a look
8 Delight
12 Map collection
14 Pelts
15 Major prank
16 Beta follower
17 Fuel cartel
18 Diminutive suffix
19 Ice hockey play (2 wds.)
21 Acid in vinegar
23 Posed for an artist
24 Navy noncom
25 Switch positions
26 Male relative
30 "Maria —"
32 Woodwinds
33 Casual wear (2 wds.)
37 Pro — (in proportion)
38 Icicle hangouts
39 Mushroom
40 Stumped
42 Hunt goddess
43 Tool handles
44 Expedite
45 Selene's sister
48 Astronaut — Grissom
49 Food steamer
50 Cajun specialties
52 Study of whales
57 Tpks.
58 John, in Siberia
60 Furniture buy
61 Gouda's kin
62 Skirt slit
63 Sampan owner
64 Civil wrong
65 Dog days in Dijon
66 Koppel and Turner

Down

1 Sporty wheels
2 And others (abbr.)
3 Diva — Gluck
4 Soggy
5 Apartment mgr.
6 Before, in verse
7 Fugitives
8 Clarified butter
9 Gambling game
10 Dine at home (2 wds.)
11 Suits, so to speak
13 Mouths off
14 Pay the bill
20 Half a bray
22 Pt. of speech
24 Tipped off
26 Yardstick
27 Online auction
28 Kettles
29 Moor
30 Pixies
31 Sponsorship
33 Worms and minnows
34 What Hamlet smelled (2 wds.)
35 Opposite of some
36 Trumpeter, for one
38 Gushy
41 Othello's betrayer
42 Sitting Bull's territory
44 Like jalapenos
45 Everglades wader
46 Surpass
47 Libel
49 Didn't stay
51 Cellar, briefly
52 Walking stick
53 Persist
54 Tony's cousin
55 Spiky flower
56 Cravings
59 Herriot, for one



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3 SPORTS

Watch online

Find quotes and video from yesterday's Eagles-Broncos game: **Metro.us/sports.**

Mile High massacre: Birds flop in Denver

NFL. Eagles start strong, but can't contain Manning and the Broncos in the second half.

In a lot of ways, the Eagles lived up to expectations.

Everyone was predicting them to lose big to the juggernaut Broncos. The 52 points they allowed were the most in 40-plus years. Peyton Manning threw for 327 yards and four TDs. He was out of the game with less than four minutes left.

The Eagles were only down 21-13 at halftime, then it all came crashing down. Mike Vick finished 14-of-27 for 248 yards (41 rushing) before giving way to backup Nick Foles in garbage time. Foles went 3-of-4 for 49 yards and hit Jeff Maehl on a 6-yard touchdown toss.

Overall, here's what went wrong:

1 The King of the slot — There is no denying that Wes Welker is the best slot receiver in the game, maybe all-time. The crafty veteran must have been licking his chops when he looked over and saw second-year corner Brandon Boykin matched up against him. Welker abused Boykin often in this one and finished with seven catches for 76 yards, and a pair of scores. Welker's second TD grab was a beautiful pitch-and-catch from Manning. He beat Boykin off the ball, then tip-toed in for six.

2 Kicking it into third gear — Credit the Birds for playing a competitive first half. It was the third quarter when the wheels completely fell off. Manning came out of the locker room firing on all cylinders, leading three straight touchdown-scoring drives. When the dust had finally settled, the Broncos had racked up 18 first downs in the quarter and the scoreboard showed a lopsided 42-13 with 22 seconds still left in the quarter.

3 Special teams gone wild — The unit has caused the Eagles fits ever since John Harbaugh left town. Yesterday, they gave the Broncos a free touchdown after Trindon Holliday took a kickoff return 105 yards in the first quarter. Then, to start the fourth quarter, Steven Johnson blocked a punt and raced into the end zone to put the final nail in the coffin. Plain and simple, you just can't give the Broncos free scores. For the Eagles, it was another slow day for return man Damaris Johnson, who fielded just two returns all day — one for 21 yards, another for 26. And kicker Alex Henery's struggles continued as he whiffed on a 46-yard field-goal attempt in the second half.

Mike Vick was under constant duress in the second half as yesterday's game quickly turned into a Broncos rout. / GETTY IMAGES

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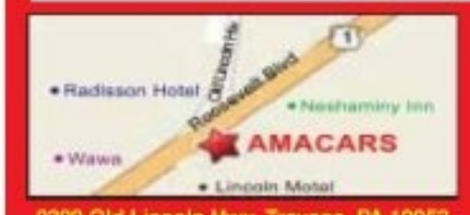

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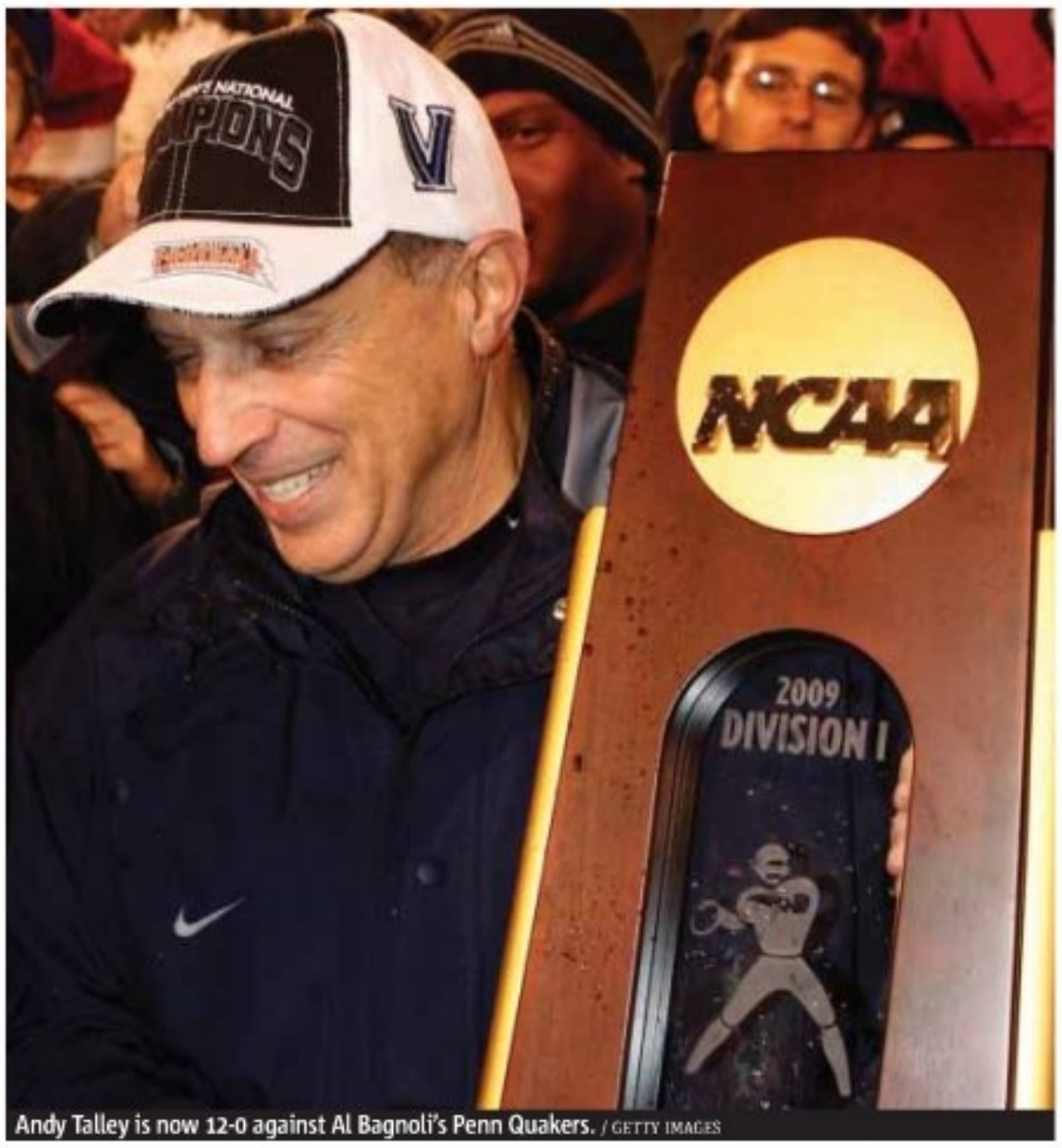

Andy Talley is now 12-0 against Al Bagnoli's Penn Quakers. / GETTY IMAGES

Livers gives Talley career win No. 200

NCAA. Villanova rolled past Penn, 35-6, as head coach Andy Talley earned his 200th career victory.

Grandpa had to be thrilled.

While Villanova was in the process of dismantling Penn, 35-6, this past Saturday, Larry Livers IV — better known as Poppy — was doing the family name proud.

With eight receptions for 121 yards, including his first two touchdown catches, the kid who trekked 3,000 miles across the country to become a walk-on is beginning to live up to his bloodlines. Considering his grandpa, Larry Jr., played hoops for 'Nova and qualified for the 1968 U.S. Olympic track team in the high hurdles in Mexico City, that's quite a legacy.

"I knew my grandfather came here back in the day," said Livers, who played high school ball in Southern California, before spending a year at Valley Forge Military Academy. "He was pushing me, 'Cats baby. 'Cats.

"I didn't know where Villanova was, being in California. But once I got to Valley Forge I told him, 'Grandpa, I want to go to Villanova.' He was very happy and emotional. He saw my first career TD on a punt return."

The junior didn't find the end zone again until Saturday, making a nice cutback and outrunning the field on a 50-yard touchdown pass to make it 21-0 in the second quarter. That came right after 'Nova's Rakim Cox blocked a field goal and Craig James scooped it up and romped 73 yards untouched to make it 14-0.

Later, 'Nova's multitalented quarterback John Robertson hooked up with Livers from five yards out. That was Robertson's third scoring pass on a day when he threw for 266 yards and also ran for 132 and a touchdown. With Kevin Monangai rushing for 101 yards, it marked the first time in Al Bagnoli's 22 years at Penn that the Quakers allowed two 100-yard rushers in a game.

And Livers, listed generously at 5-foot-7, 170 pounds, kept finding holes.

"He's that mosquito who keep buzzing around," said Talley, now 12-0 over his good buddy, Bagnoli. "He just won a scholarship."

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Will Halladay be back in Philly in 2014? / GETTY IMAGES

Phillies. Boys in red fall to Atlanta Braves in fitting end to year

It was a fitting end to this lost season. Atlanta rocked the Phillies yesterday in a 12-5 loss to end the 2013 campaign. It marked the first losing season for the Phils since 2002. They finished with a 73-89 record.

Right-handed journeyman Zach Miner took the defeat after allowing five runs on seven hits in 2 1/3 innings. The bullpen didn't fare much better, combining to give up seven more runs on 10 hits. Erik Kratz provided the lone highlight by smashing a three-run homer in the fourth.

Since the season had been decided many months ago, there wasn't much left to cry about. The biggest postgame mystery is surrounding Roy Halladay, and whether the fading ace will be back in red pinstripes next season?

"If Halladay signs for a reasonable amount, then it's difficult not to sign him as a fourth starter," an NL scout said. "That's especially so if the alternatives aren't so great

"With Halladay, you know you'll have a guy that will do whatever it takes to win. If he's healthy now, it might be a really good calculated risk to sign him to a low-cost deal."

Halladay's last start came on Sept. 24 in a 4-0 loss. He was struggling with command and couldn't break 83 mph on the gun. He eventually left due to fatigue.

"I don't know what the future is going to hold, but I want to go somewhere that wants me and somewhere that is going to have a shot," Halladay said after that start. "Like I've always told you guys, I hope that's here." MIKE GREGER

Braves 12, Phillies 5

The longest season is over for the Phillies. Let's put it in perspective.

- The Phils' 73-89 record is their worst mark since 2000 when they went 65-97.
- It is the club's first losing season since 2002, when it went 80-81.
- Two key guys from the playoff teams, Carlos Ruiz and Roy Halladay, are free agents. Ruiz didn't play yesterday.

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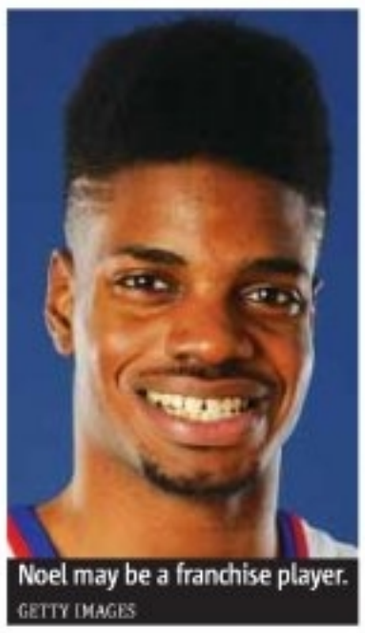
Sixers embracing rebuilding project

NBA. The young team is excited to start training camp under new coach Brett Brown.


Noel may be a franchise player.
GETTY IMAGES

The players have heard the whispers. They know what outsiders think as the 2013-14 season approaches.

Not much is expected from this version of the Sixers. It's a young group with potential, but very little depth.

"I hear what people say," said forward Thaddeus Young. "People say things like, 'Good luck,' and, 'Get a good draft pick.' But we, as players, know we have to go out there and perform. We have a job to do. I also think we have very talented players who are going to improve."

Following last year's 34-48 debacle, which included the Andrew Bynum saga, changes were abundant. Bynum signed with the Cavaliers. Coach Doug Collins resigned and the team hired Brett Brown, formerly a bench coach with the Spurs under Gregg Popovich.

GM Tony DiLeo wasn't retained and Sam Hinkie was hired. Rod Thorn left for the league office.

All-Star point guard Jrue Holiday was traded to New Orleans. In return came Nerlens Noel, who could wind up being a franchise player. Noel will be out until at least December while recuperating from an ACL injury.

The Sixers drafted Syracuse point guard Michael Carter-Williams to replace Holiday.

"Personally, I'm excited," Carter-Williams said. "I'm going to do everything I can to represent the Sixers in a positive way. We're going to work hard and give it our all every single day. I can't wait to get started in training camp. I'm extremely competitive, and I think we're going to surprise people."

The Sixers open the season at home against the two-time defending champion Miami Heat. It doesn't get much more challenging than that.

"That's fine because we might as well go against the champs to start to see where we stand," Young said. "I think it will be a good barometer for us. I'm anxious and excited to see where we are, how we develop, get better and improve all season under coach [Brett] Brown. I know we'll get better."

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NFC East roundup: Chiefs take care of sloppy NY Giants

NFL. The Redskins got a needed win, while the Giants and Cowboys lost out-of-conference games.

Andy Reid's Chiefs are 4-0. / GETTY IMAGES

It was another interesting week in the roller-coaster division that is the NFC East. Washington finally picked up a win, while the Giants continue to struggle. Dallas lost, but the Cowboys remain in first for another week.

Chiefs 31, Giants 7: New York's long nightmare isn't over yet, not after old friend Andy Reid put a smack down on them. Alex Smith torched the Giants for three touchdowns to keep the Chiefs perfect at 4-0. Dexter McCluster returned a punt 89 yards for a score.

Eli Manning hooked up with Victor Cruz for the Giants' only touchdown, a 69-yard pass play.

Chargers 30, Cowboys 21: Dallas can blame themselves for dropping this one. San Diego rallied late and scored the game's final 20 points. Philip Rivers threw for 401 yards and three scores, including a 56-yard strike to Antonio Gates.

Tony Romo tossed two touchdowns to Dez Bryant, but it wasn't enough. The Cowboys fell to 2-2. The Chargers are also 2-2.

Redskins 24, Raiders 14: It wasn't always pretty, but the Redskins finally got their name in the win column.

Robert Griffin III threw a touchdown late in the third quarter to help Washington sneak out of Oakland.

The Redskins (1-3) needed to erase a 14-point deficit. Alfred Morris ran for 71 yards before leaving with bruised ribs. Griffin threw for 227 yards and a score.

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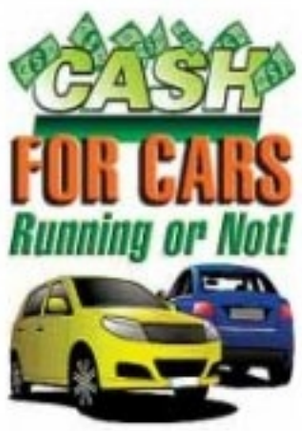

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